


# THE EMPOWER HOUR





# **“REC & ROLL” AKA MOBILE REC. TRUCK**





Dodge ball has been turned into a learning experience.

At the beginning of the game staff ask questions about conservation and a correct answer means your team gets one of the balls





**Staff Run Crafts and  
Activities on a daily  
basis**







# EMPOWER HOUR STAFF







**AND THE SURVEY SAYS.....**

**EACH DAY THE CHILDREN ARE ASKED TO FILL OUT SURVEYS THAT ARE  
FOCUSED ON HOW ENERGY EFFICIENT THEY ARE IN THEIR DAILY LIVES.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

E-Mail (Optional to receive updates on future activities): \_\_\_\_\_

Date/Day: \_\_\_\_\_ Parent Name: \_\_\_\_\_

**Circle the best answer!**

Which action helps to save energy? (5 POINTS)

**Recycling** Leaving the lights on Taking long showers

How many hours do you go outside and play with your friends per day? (2-3 or more is 10 POINTS)

0-1 (0 POINTS) **2-3** 3-4 5-6 7 or more

I talk to my friends and family about saving energy:

**At least once every day** (10 POINTS) **At least once every week** (5 POINTS) Never (0 POINTS)

Walking or riding a bicycle, instead of asking for a ride in a car, helps to save our planet

**True** (5 POINTS) False (0 POINTS)

How many hours do you spend watching T.V. or playing video games per day?

**0-1** (10 POINTS) **2-3** (5 POINTS) 3-4 (0 POINTS) 5-6 (0 POINTS) 7 or more (0 POINTS)

Mark with an X under the statement that applies to you!	Always	Sometimes	Never
I turn off the lights when I leave a room	10 POINTS	5 POINTS	0 POINTS
I turn off the T.V., radio, computer, cell phone, or video games when they are not being used	10 POINTS	5 POINTS	0 POINTS
My showers are less than 5 minutes	10 POINTS	5 POINTS	0 POINTS
If the sun is shining then I open the curtains to let natural sun light in, instead of turning the lights on	10 POINTS	5 POINTS	0 POINTS
I plan ahead to grab everything I need from the refrigerator before I open the door. This saves energy & money for my family	10 POINTS	5 POINTS	0 POINTS
Whenever the heat or A/C is on, I check to make sure that all of the windows are closed and the doors to the outside are closed	10 POINTS	5 POINTS	0 POINTS

Thanks so much for being a part of Empower Hour!



# Curriculum Examples



# **Empower Hour**

*Play Hard. Eat Well. Save Energy.*

# Carbon Footprint



## **Black Carbon Covered Earth**

### **Program Description:**

Craft

### **Goals & Objectives:**

Participants will understand the meaning of black carbon and the impacts on Earth. Teach participants the importance of reducing their carbon foot print to reduce black carbon around the Earth.

### **Discussion Topic:**

Black Carbon consists of tiny, dark particles of dust. These particles get trapped in the atmosphere and accumulate on the Earth's surface. Because the particles are black, they absorb the sun's heat. It's a big problem because if the particles land on cold places they can affect the Earth's temperatures. This means that living things that are used to a certain environment or temperature are affected by the drastic temperature changes.

### **Required Supplies List:**

Coffee Filters

Water Paint

### **Procedures/ Instructions:**

1. Two coffee filters per participant
2. Place flat your coffee filter on the table
3. Color with water paint what you think the Earth looks like now with black carbon
4. Place the second coffee filter flat and paint what you think will look in 50 years with black carbon

### **Follow up and Analysis:**

Ask participants what they think they can start doing to try to decrease carbon in the atmosphere?

Participants understand that we all have an impact of how the Earth will be like in the future, and how our actions will affect 50 years from today.



# Taking Action



## **Conservation Energy Skulls**

### **Program Description:**

Craft

### **Goals & Objectives:**

Participants will learn and understand the value of taking actions that can help save energy. When you save energy, you help non-renewable resources such as coal, natural gases last longer, reduce pollution and greenhouse gas emissions, and save money on the energy bill.

### **Discussion Topic:**

Conservation is the protection of valued resources for example the preservation, management, and care of natural and cultural resources. There are many ways that we can conserve energy at home, school, and in the community. Little changes can make a huge impact for example turning the lights off when you leave a room or wearing a sweater during the winter instead of turning up the heater.

### **Required Supplies List:**

White paper plates

Scissors

Pop sickle sticks

Markers, Crayons, Colored Pencils

Tape/ Glue

### **Procedures/ Instructions:**

1. To make an energy conservation skull, cut the white paper plate in shape of a skull.
2. Decorate with all the decorating supplies you have,
3. You can color in the eyes and nose or cut them out to make a mask.
4. Place the pop sickle stick in the middle so that you are able to hold the mask/skull in front of your face.

### **Follow up and Analysis:**

What are ways that you can help your family conserve energy and save money at home?

Why is it a good idea that we save energy?



# Quarterly Reporting

\*Expenses

\*Objectives and deliverables

\*Performance metrics

\*Narrative updates





# Future Goals

\*Bring the Empower to schools during lunch or assemblies

\*Sponsor Special Events



# Hilltop Elementary School Event





# Hilltop Elementary Event Continued





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